

Baked Steak Supreme

Annette Rothman - Carle Place, NY
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Servings: 8

3/4 cup ketchup
1 tablespoon
Worcestershire sauce
1 cup water
1 teaspoon lemon juice
1/2 stick margarine
1 shoulder or any cut used
for "London Broil"
1 large onion, sliced
salt (to taste)
pepper (to taste)
garlic powder (to taste)
1 small can mushrooms
(sliced or pieces), fresh may
be substituted

Preparation Time: 20 minutes

Bake Time: 1 hour

In a saucepan, combine the ketchup, Worcestershire sauce, water and lemon. Add the margarine and stir over heat until dissolved and combined.

Place the meat in the pan. Add the sliced onion in rounds. Add the salt, pepper and garlic powder to taste. Add the mushrooms to the pan. Pour the sauce over the meat.

Bake, uncovered and turning occasionally, for 45 minutes to one hour, depending on whether you like to serve the meat rare, medium or well done.

When ready to serve, slice the meat diagonally into 1/4-inch thick slices. Serve with rice as a side dish to absorb extra sauce.

(The meat and sauce can be prepared in advance but if margarine is added it probably would congeal, so allow enough "warm up" time before baking.)

(Leftover sliced meat and sauce freezes very well. When reheated, of course the meat will be "well done". Reheat in a skillet.)

Per Serving (excluding unknown items): 81 Calories; 6g Fat (60.9% calories from fat); 1g Protein; 8g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 353mg Sodium. Exchanges: 0 Vegetable; 0 Fruit; 1 Fat; 1/2 Other Carbohydrates.